

Supporting you through tough times

Call 1300 032 186

saregionalaccess.org.au/natural-disasters

**Regional Access provides
free professional counselling
for regional South Australia.**

Regional Access provides free and safe telephone and online counselling support to people in regional South Australia who are worried, stressed or affected by bushfire and other natural disasters

If you need someone to chat with, we can help you talk it through. We can also help with practical strategies to tackle things like:

- Stress and worry
- Feeling hopeless
- Isolation, disconnection and loneliness
- Grief and loss
- Relationship and family problems
- Drug and alcohol abuse

What to expect

Our professional counsellors will listen, support and help you feel better, and connect you with available support in your community.

Call **1300 032 186** for support or visit **saregionalaccess.org.au/natural-disasters** to speak to a counsellor. Help is available to anyone aged 15 or over, 24 hours a day, seven days a week.

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